

603rd ASB beats 87th CSSB, 64-41 in basketball championship game

Steve Hart
Hunter Army Airfield Public Affairs

In the aftermath of his team's 64-41 loss to the Company B, 603rd Aviation Support Battalion Killer Bees in the 2009 Fort Stewart-Hunter Army Airfield intramural basketball championship game, March 25, Jermaine Williams, a 87th Combat Service Support Battalion Base Warrior, could only shake his head and marvel at the speed and depth his Base Warriors found themselves matched up against.

"They're a very quick and very good team that played an outstanding game," Williams said, sighing. "And we sure didn't come to play today."

The Killer Bees finished off an 11-1 record in the Hunter Army Airfield league by winning all three of their games in the Hunter bracket of the playoffs. The Base Warriors came in first place in the Fort Stewart league with a 9-1 record and also won their three playoff games en route to the finals.

Some 200 fans attended the contest played in Hunter's Tominac Fitness Center. The Boy Scouts from Boy Scout Troop 8 presented the Colors, and the Beach High School Band and Dancers were on hand to enhance the competitive atmosphere with their performances.

The Base Warriors scored the first point of the game on a free throw. That would be the only lead they would enjoy, however, as the Killer Bees proceeded to open a huge early lead by responding with 14 unanswered points.

The Base Warriors cut the deficit to nine after Eugene Watson drilled a three-point shot, but the Killer Bees took over on the defensive end with two blocked shots by Deblyn Austin and his teammates' pressure defense which led to multiple steals and fast-break buckets. With six minutes left in the first half, the Killer Bees' 13-point lead was restored, 20-7.

The Base Warriors closed to within seven, 20-13, after Michael Thomas drained a shot from long range, but Austin put an end to that run when he stole the ball at the top of the key and raced down court for a reverse slam dunk. The home post crowd erupted approvingly.

The Killer Bees took a 10-point lead into the locker room at the half, ahead 27-17.



SpC. Monica K. Smith

Quentin Patton, Co. B, 603rd ASB, throws down a dunk during the 2009 Fort Stewart/Hunter Army Airfield intramural basketball championship game at Hunter's Tominac Fitness Center, March 25. The 603rd ASB beat the 87th Combat Service Support Battalion 64-41.

Both teams came out sluggish in the second half, but the Killer Bees' Vonkeith Barra eventually caught fire, draining three pointers on consecutive possessions to put his team out front 37-23.

With time running out, the Base Warriors were forced to try to make things happen, their pressing the lightning-fast Killer Bees' players did not work.

The Killer Bees were able to defeat the press to find open players under the basket for easy shots, and with Austin's inside presence on the boards, the game quickly became a rout.

The crowd knew the game was over after the Killer Bees' Quentin Patton elevated high above the rim for an electrifying dunk, giving the Killer Bees a 22-point lead of 52-30.

"They made their run in the first half, but we were able to regroup and answer," said Darryl Kitchens,

the Killer Bees' coach. "The key was tightening up in the paint and doing a better job of boxing out."

The Killer Bees Barra led all scorers with 21 points. while teammate Austin contributed 16. The Base Warriors were led by Terrance Clark and Barion Freeman with nine points apiece.

"This was a very exciting game that featured some superb athletes," said Lt. Col. Dan Whitney, Hunter Army Airfield garrison commander. "It was good to see the athleticism, hard work and dedication demonstrated by these Soldier-athletes, and it was good to see so many members of each unit's chain of command and fellow Soldiers present to show unit esprit de corps."

"We'll be back next year," vowed Williams, before taking his team back to Fort Stewart with their runners-up trophies.

Stewart hosts 20th Special Olympics Day



SpC. Keith Beck

Two Soldiers help a Bradwell Institue student in the 50-meter dash during the 20th annual Special Olympics Day at Fort Stewart. More than 300 volunteers showed up to help the contestants compete throughout the day.

Pfc. Crystal M. Bradley
2nd HBCT Public Affairs

Smiling faces, joyful shouts and loud applause set the mood for the local annual Special Olympics Day held at Cottrell Field, March 27.

Fort Stewart hosted the event for the 20th consecutive year, organizing 130 contests throughout the day.

Students from Fort Stewart and surrounding areas, such as Long and Liberty Counties, participated in the event.

Civilians and Soldiers combined for a total of 300 volunteers to make the event happen, providing at least two volunteers for every contestant.

Stewart's Better Opportunities for Single Soldiers helped the event run smoothly by lending a hand where needed.

The event kicked off with the contestants unloading their buses to loud, encouraging cheers and applause.

Next, a parade circling the entire track gave the students and volunteers a chance to show what school they represented

holding big, bright banners showing their schools' name and location.

The games consisted of the 50-meter dash, the 100-meter dash, the softball throw and an array of other events throughout the day.

Anthony Kryszewski, a contestant in the Special Olympics Day, placed 2nd in the 50-meter run, and placed 4th softball throw.

After he received his awards, he said that he felt very happy to participate in the program. He also said this was his last year to participate in the competition, so he made sure to do his absolute best.

Pvt. Rafael Gonzales, Headquarters and Headquarters Company, Maintenance, 4-3 Brigade Support Troops Battalion, 4th Brigade Combat Team, 3rd Infantry Division, helped Kryszewski throughout the day and coached him to his wins.

"I have always liked to help people whenever I can," Gonzales said. "It really means a lot to me. I am here for the athletes – to motivate them and make sure they have a safe, great time."

Stewart's 'Biggest Losers' gain motivation, lose pounds

Pfc. Jared S. Eastman
1HBCT Public Affairs

The Biggest Loser Competition on Fort Stewart is in its inception year, but that does not mean it is a small event by any means.

The third weigh-in for the 200 members of the competition took place at Rocky's on Fort Stewart, March 25.

Although the competition is still in the early stages, it has already been a success so far in the eyes of Marline Parker, a programmer for Morale, Welfare and Recreation Department's Recreation Delivery System.

"We started out the year with the aerobic-thon, and we attached the Biggest Loser Competition on

to that," Parker said during the weigh-in. "We are not eliminating anyone. We want to encourage them to keep going (until) it ends, May 16, at Newman Fitness Center."

Parker said that much like the televised name-sake, the Stewart-Hunter version of "The Biggest Loser" will by no means be a one-time event.

"This is our first year doing the Biggest Loser competition, and it's already scheduled for next year," she said. "It's going quite well. A lot of men and women who never had the incentive to keep going are using this as a springboard for weight loss. The members come in once a month to weigh in and see how they've done, and everything is voluntary, from entering to exercising."

Although the competition is voluntary, the results for this month reflected the motivation of the

entrants. The work is already paying dividends; in fact, it's the kind of work you might expect if the entrants had been pushed by a Dog Face Soldier.

"Everyone is doing well, some are staying about the same, and some are losing weight," Parker said. "We still encourage them to keep going."

The event is more than just a fitness regimen, Parker said. It's a source of initial motivation. It gives the entrants a reason to change their lifestyles and achieve the kind of workout they had been unable to complete.

"A lot of the members seem very motivated and glad that we did offer something," Parker said. "The greatest feedback we've gotten is that most women and some men wanted to improve themselves and didn't have the motivation until we did this event."

Savannah Sand Gnats season opens, offers military discounts



Savannah Sand Gnats, Marketing

The Savannah Sand Gnats, a single-A affiliate for the New York Mets, open their 2009 season against the Augusta Greenjackets, April 9, at 6:30 p.m.

Regular admission is \$7 per person, but military members and their Families are admitted for a discounted rate of \$5 per person with military ID card.

In addition to the everyday military special, Sand Gnats fans can enjoy a Military

Monday four-pack at William L. Grayson Stadium. For \$30, military ID card holders receive four tickets, four hot dogs, four drinks and four bags of chips.

For more Sand Gnats information, check out www.sandgnats.com.

Jake's Body Shop: Find your target heart rate

Jake Battle
DMWR Fitness Director

It is important to achieve your target heart rate to get the best results from exercise. This is when your body burns the most fat, and your heart gets the greatest workout.

Use the chart on the right to find your target heart rate. The screened area between "too slow" and "too fast" is the target heart rate for your body.

The heart beats 65 to 70 times per minute normally. To exercise your heart, you need to make it beat faster than its normal rate, but not so fast that it is unsafe.

For example, for a 30-year-old man, the target is 115-160 beats per minute. In order for him to get the full benefit of exercise, his heart needs to beat at least 115 times a minute, but no more than 160



times a minute.

Finding your target range

There are two ways to find out whether or not you are in the range of your target heart rate. Both are simple and practical to know.

Taking your pulse

Place one or more fingers on one side of your Adam's apple or inside your wrist at the base of your thumb. Find

your pulse beat.

Count your pulse for six seconds before exercising. Add a zero to that number to get your heart rate. (Thirteen beats in six seconds would 130 beats a minute.) This gives you your standard heart rate.

Immediately before or after stopping exercise, take your pulse again to calculate your exercise heart rate.

Take your pulse often during the first few weeks of exercise, in the middle and again immediately after you stop exercising.

As you exercise and take your pulse, you will gradually learn another way to tell if your heart rate is in your target—by experience.

Knowing from experience

After a while, you will know if you are in your target range by how your body feels. When you are in your target, you will be breathing hard, break-

ing into a sweat, but feeling good and able to continue for twenty minutes.

If your heart rate is too low to be in your target range, you will not feel as if you are working very hard. If it is too high to be in your target range, you will have to stop to catch your breath or rest.

When you have a good

sense of how it feels to be in your target heart rate range, you probably will not need to take your pulse more than once a week.

This article is not intended to provide individual advice which should be obtained directly from your health care professional.

♥ FINDING YOUR TARGET HEART RATE ♥

AGE	20	25	35	40	45	50	55	60	65
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Above row (a) your heart is beating too fast

(a)	170	165	160	155	145	140	135	130
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↕ YOUR TARGET HEART RATE ↕

(b)	120	120	115	110	105	100	100	95
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Below row (b) your heart is beating too slow

Registration for CYSS baseball, t-ball open

Special to the Frontline

The hot days of summer are as the perfect time to get out and have some fun with America's pastime. This summer, don't let that opportunity pass your children by without getting on the diamond, and playing some baseball.

Registration for youth baseball and t-ball on Fort Stewart is open through May 8, or when rosters fill up.

Baseball is open to current Child and Youth School Service members age 7-14 (as of Aug. 1) and t-ball is open to current CYSS members age 4-6 (as of May 1). Tentative age divisions for baseball are 7-8 pitching machine, 9-10 pitching machine, and

11-14 live pitch.

Register at CYSS in building 443, Gulick Ave. The hours of operation are Monday, Tuesday, Thursday, and Friday from 8 a.m. to 5 p.m. and Wednesday from 9 a.m. to 6 p.m.

For more information on registration procedures, please call 767-2312. For more information on baseball or t-ball, please call 767-4371.

All CYSS sports programs require the use of volunteer coaches. If you would like to volunteer to coach a team this season, please visit CYSS or Jordan Youth Gym (building 608, W. 6th St.) and ask for a volunteer application. All new coaching applicants must submit to screening and background checks.

Golf season opens on Stewart

Sgt. Joseph McAtee
3rd ID Public Affairs

The 2009 golf season officially began with a Garrison Commander's Scramble at Taylors Creek Golf Course on Fort Stewart, March 27.

Nearly 100 golfers participated in the event.

First place went to the Directorate of Plans, Training, Mobilization and Security team of Scott Ambruister, Willie Jones, Jack D'Briel and Master Sgt. Steven Williams that shot a 58.

Second place was handed out to the foursome of Angel Cordero, Jack Shuman, Ken West and Clifford Johnson. The team was able to nab second place with a score of 60 strokes.

Rounding out the top three was another four-man team that finished the course in 60 strokes. The third place team members were Chief

Warrant Officer Dwayne Guidry, Sgt. 1st Class Mike Novak, Darrell Chandler, and a fourth player known simply as John.

The 1st Battalion, 76th Field Artillery Regiment team garnered fourth place, matching the 60-stroke score of the second and third-place teams. The 1/76th's team included Pfc. Ryan Gau, Sgt. Howard Ward, Capt. Adam Kirschling and Staff Sgt. Joseph Reece.

The remaining three spots went to the 3rd Sustainment Brigade, 4th Brigade Combat Team, and the Directorate of Emergency Services teams.

The next Garrison Commander's Scramble will be held at Taylors Creek and is scheduled for April 24.

For more information on upcoming events or to schedule a tee time, call 912-767-2370 or go to http://www.stewartmwr.com/lfs_golf.htm.

Bradwell Tigers smash Beach High, 20-5

Patty Leon
Coastal Courier

They say big cats don't like water, but the Bradwell Tigers took to the surf like pros wiping out region rival Beach High School in four innings with a 20-5 victory, March 24.

The Tigers were in scoring position in the bottom of the first inning but were thrown out twice to end the inning.

Going into the bottom of the second tied at 1, the Tigers had two players walked home, which put them up 3-1.

Bradwell's defense cashed in on a double play and pitcher Alton Malpass struck out a Beach High Bulldog for a quick top of the third.

In the bottom half of the third, Tiger Trivon Williams made it to first before Jacob Dill skipped one to the Bulldogs shortstop, who was able to convert the double play. Tiger Zach Hawkins popped up, putting a quick end to the inning.

In the top of the fourth, the Bulldogs loaded the bases, and Malpass walked in a runner. Malpass struck out the next two batters but walked the next Bulldog to tie the score at three. Another Bulldog doubled in two more, giving Beach a 5-3 lead going into the bottom of the fourth.

However, the Tigers were not ready to give up.

Stephen Dill brought in Josh Rivers on a hit, and Josh Driggers followed soon after bringing in Dill to tie the game at 5. Trivon Williams smacked a triple, bringing in two runners to give the Tigers a 7-5 lead. The Tigers scored three more runs off hits and walks before getting their first out.

With one out, the Tigers added 13 runs off the Bulldogs' walks and errors to end the game 20-5 in the bottom of the fourth.

The Tigers are now 2-1 in region 3-A and 3-8 overall.



Patty Leon

Bradwell Tiger Josh Rivers hits one out to center field in a 20-5 win over Beach High School, March 24. The win improved the Tigers' 3-5A record to 2-1.

Liberty County Panthers trio place in weightlifting meet

Patty Leon
Coastal Courier

Liberty County High School Panthers Mack Brunson, Cassie Standard and Kayla Rand finished second, third and seventh, respectively, at the 2009 National Junior Weightlifting Championships in Foster City, Calif., March 19-22.

Weightlifting coach Keith McGee has coached the weightlifters at LCHS for four years. He's coached weightlifting, primarily girl lifters, for 10 years at two other high schools, including a stint in Arizona as the coach of a three-time world champion weightlifting team.

He thinks Rand has a good shot at medaling in June.

"We are hoping for Kayla to medal, and if she brings her 'A' game, she should get a gold or silver," he said.

The coach plans to take at least eight competitors to the June meet.

'Canes challenge Broncos in Semi-pro football action

Fort Stewart's Youth Services sports football field

5 p.m., May 16

Celebrate Armed Forces Day watching the

Hinesville Hurricanes battle the Beaufort Broncos.

Admission is free.



Relocating to Fort Benning?

The Columbus Travel Hockey Association is organizing youth travel ice hockey teams for next season for the following categories:

Mite - 2002/2001 birth years, Squirt - 1999/2000 birth years, PeeWee - 1997/1996 birth years

If you're interested or would like more information, please send an e-mail:

travelhockey@bellsouth.net

